

NEWS

FLU,
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Most of those who die are 65 years of age and older, but children and young adults can also be affected.

Receiving the flu vaccine usually protects most people from getting the flu. The most commonly reported side effect from receiving the injectable vaccine is a sore arm.

Thanks to the efforts of the Branch Medical Clinic staff, local military families were able to get their children immunized in a convenient way. Finding new ways to take healthcare to the customer increases satisfaction for patients as well as staff.

FIRE,
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Otterbine recommends that those who use live trees in their homes cut the bases at a 45-degree angle and keep them watered, using about a gallon of water a day.

“You’d be surprised how many people do not water their tree,” said Lee. “Personally, I’d recommend using an artificial tree.”

Families who opt for a live tree, however, should be cautious when selecting its location. Placing the tree near heating sources, such as fireplaces, candles, stoves, space

heaters or lamps is not a good idea, said Chief Fire Inspector Harold Stern.

Although live trees can mean higher maintenance, following safety guidelines can greatly reduce the risk of incident.

“People must use extreme care with the live trees because they are very volatile,” said Lee. “They can destroy a home and Christmas in an instant, and we don’t want that for any Tri-Command family.”

Since this time of year statistically means greater risk of fires across the nation, the PIFD is taking the additional precautions.

“We can’t actually go into each individual home and inspect, but we’ll be riding around a lot more than usual,” said Lee.

Even with the firefighters on the lookout, it is important Depot families do their part to stay safe.

“There’s only so much we can do,” said Stern. “We can only pass the word and hope everyone takes it to heart.”

For most people, the holiday season is a time to celebrate and spread good cheer. The PIFD wants Depot families to know that this can still be done while keeping fire safety a priority.

“The potential devastation that can

come from the increased risk of the holidays is two-fold,” said Otterbine. “If a fire occurs, families experience the devastation not only from their loss, but also from it ruining Christmas. It only takes a few minutes to follow these few simple tips to ensure everyone has an enjoyable holiday season.”

Anyone who has questions about fire safety can call the Fire Prevention departmennt of the Parris Island Fired Department at 228-2591 or 228-4839, or log on to the World Wide Web at www.usfa.fema.gov/downloads/pdf/swy14.pdf.

TRICARE,
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prior to going to receive any care,” said Seigler. “If you don’t get a hold of anyone, then leave a message and write down the time and date you called.”

The next step should be finding a provider in the area.

“To find a TRICARE provider in the area you are in, you can either access the TRICARE Web site [at www.tricare.osd.mil] or if you don’t have access, call 1-800-444-5445,” said Seigler. “When you get to a care center, present them with your active duty local TRICARE card and your military identification. That should get you the care you need.”

Seigler also suggests having the proper TRICARE information with you at all times.

“If you need a TRICARE information card to keep with you, come by the representatives office and get a card with exact information,” said Seigler.

The process of receiving emergency care is similar to that of urgent care except for a few minor differences.

“In both instances, you should go to the nearest emergency room or urgent care center and receive treatment,” said Seigler. “However, you will need to call or have someone call or leave a message with your PCM on your behalf within 24 hours of care.”

More often than not, prescriptions are a common occurrence after a visit to the doctor. Many times people are unaware of when, where or how to pay for the medicine when away from home.

“A lot of times people don’t know about medications,” said Seigler. “If a doctor gives a prescription, go ahead and go to the pharmacy, show them your military identification card and that is it. You will receive your medicine and the pharmacy will automatically file it with TRICARE.”

After care, there are some things

service members need to be on the lookout for.

“Within four weeks of treatment you should receive a statement,” said Seigler. “The explanation of benefits tells you that TRICARE has received and processed the claim. If you get nothing but bills and don’t receive this statement within four weeks, it is a problem. Contact me, and I will help you take care of the problem. If you don’t understand the explanation of benefits, call me and I will go through it with you.”

The process for family members can be carried out in much the same manner as active duty with only a few discrepancies.

“The [family members] urgent and emergency care situations are very similar to that of active duty military, with the exception that their PCM contact is always going to be the Naval Hospital Beaufort,” said Dunbar. “In regards to the pharmacy, it gets tricky for dependents. They can go to any military facility nationwide and get the prescription paid for. If that is not an option, then they can go to a pharmacy and pay full price for that medication. Then, they should contact the TRICARE representative and pick up a claim form, fill it out, attach the prescription receipt with the doctors name and then be reimbursed.”

Seigler also recommends being vigilant after receiving care.

“It wouldn’t hurt to call PCM after care has been received and check to see that it has been logged,” said Seigler. “The responsibility is yours. Make sure that you have covered all of the bases.”

Service members and their families Primary Care Managers’ phone numbers for the Tri-command area are: Naval Hospital Beaufort at 228-5175, Depot Branch Medical Clinic at 228-2811 and MCAS Beaufort BMC at 228-7051.

For more information,contact Seigler at 228-5506.